

brook

Making it easier to live healthy.

Whether you're trying to manage diabetes, hypertension, or your overall health, Brook can help you when and where you need.

CDPHP® members receive full access to the app at no cost.*



Chat with registered dietitians and certified diabetes educators seven days a week



Get **24/7** personalized advice about your health



Track and monitor your meals, exercise, sleep, medication, and more



Work with an expert to set health goals



Download reports to share with your doctor



Receive motivational messages to help you stay on track

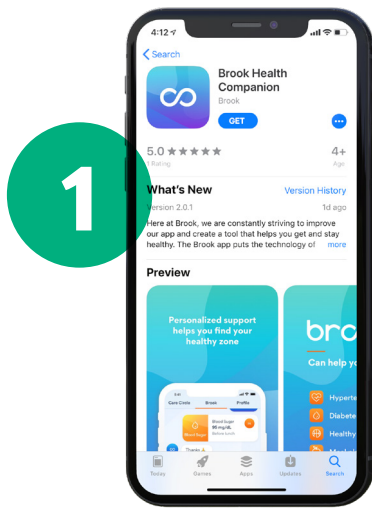


Download the Brook app today for **support wherever you go.**



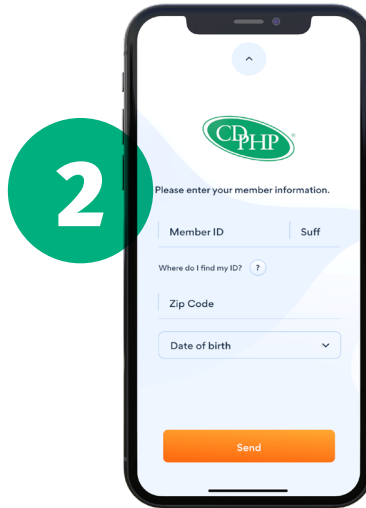


Get started on your journey with Brook:



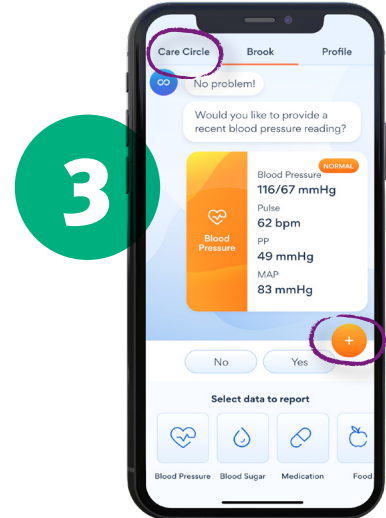
DOWNLOAD THE APP

Search “Brook health” in the App Store or Google Play and download the Brook Health Companion app.



SET UP YOUR ACCOUNT

Open the app and follow the instructions to sign up. Enter your member ID on your insurance card for free access.

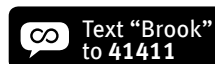


YOU'RE READY TO GO!

Enter data by tapping the + sign, and chat with health experts any day of the year by tapping “Care Circle.”

www.cdphp.com/HealthApp

For technical issues, please email support@brook.health or call 1-800-266-4407.



** This benefit is available to members on select plans. Please check your member contract/summary plan description or call member services at the number on your ID card to see if you're eligible. Must be 18 or older to use the Brook app.*

Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc. (CDPHP®) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Multi-language Interpreter Services

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。